

W.F. Recreation Center  
10th & Indiana  
Phone: (940) 761-8887

Zone Closed:  
July 3rd for  
Independence Day



NEW Hours:  
Monday through Friday  
7:30 a.m. - 7:30 p.m.

On the web at [www.wichitafalltx.gov](http://www.wichitafalltx.gov) & on facebook at 50 Plus Zone of WF

**\*\*\*ATTENTION: ALL MEMBERS MUST SCAN THEIR MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!\*\*\***

Issue 209

City of Wichita Falls Parks & Recreation

July 2015

## JULY BIRTHDAY & BRUNCH

**Tues. July 7th 10:30am**

**Zone Ballroom (216)**

Menu: sausage, egg & cheese  
breakfast casserole, fresh fruit &  
fruit juice. **Casserole & Fruit**

**Sponsored by: IntegraCare  
Hospice and Home Health  
Cake Provided by:**

**STERLING HOUSE**  
BROOKDALE SENIOR LIVING

Texas Hold'em Quarterly

Special Tournament

Wed. July 8<sup>th</sup> - Room 202 Lunch 12pm- Play

@ 1pm

Cost \$3 per person & a dish  
(Entry fee pays for the meat)  
Deadline to sign up July 6th

### Friday Night Live Band Dances

Every Friday 7-10 pm

Cost: only \$6 per person

(\$1 discount for Zone members)

July 3rd- Zone Closed

July 10th - Ryan Kirkland Band

July 17th- Southern Rain

July 24th- Red Door Band

July 31st- Ryan Kirkland Band

## BINGO at the Zone Cash Bingo

**Fridays  
2:00 pm**

**FREE! PRIZE**



TUESDAY, July 7th & 21st  
9:00 - 10:00 am - ROOM 216

Sponsored by:

BEST CARE HOME HEALTH

TUESDAY, July 14th & 28th  
9:00 - 10:00 am - ROOM 216

Sponsored by:

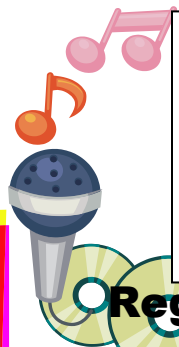
Senior Care Health  
& Rehabilitation Center

**Fridays at 9 am  
Sponsored by:  
Horizon Bay**

## Independence Day Dance Wednesday July 1st 1:00-3:00 pm 50 Plus Zone Ballroom



**FREE Hot Dogs, Watermelon,  
and Chips served in the back kitchen  
Featuring: Rusty Nail Band**



**Always wanted to  
try karaoke? We  
now have a special  
time for BEGINNERS**

Mondays 12:30-2pm  
(Beginners only please)

### Regular Sessions

Mondays 2- 4:30 pm

Tuesdays 2:45 – 4:30 pm

Thursdays 1:30 – 4:00 pm

### Fitness Classes

Classes Held in Room 201

**"Morning Workout"**

9-10 am Mon- Fri.

**"Zumba"**

10-11 am Mon& Wed.

**"Walking Workout"**

8:30-9 am Mon, Wed, Fri  
& Tues, Thurs, Fri. 10-10:30 am

**"Gentle Yoga"**

10:30-11am Tues. Wed & Fri.

**"Evening Zumba Gold"**

5:15 pm Tues & Thurs

Room 202 (Poker room)

**"Drumming for Fitness"**

12:15-1:15pm Mon. & Thurs  
Room 201

**"Drumming for Fitness"**

5:15-6:15pm Mon & Wed.  
Room 208A

**Chair Exercise Classes  
Held in room 208B (movie  
room)**

**"Chair Yoga"**

9 am Mon, Wed, Fri

**"Chair Pilates"**

9 am Tues & Thurs

**"Stronger Seniors"**

10:30 am Mon thru Friday



### TUESDAYS

Spy Movies

1:30 pm & **5:00pm**

July 7th

"Mr. & Mrs. Smith" (2005)

Rated PG-13 -120 min.

July 14th

"Spy Game"(2001)

Rated "R" – 126 min.

July 21st

"Die Another Day" (2002)

Rated PG-13- 133 min.

July 28th

"Quantum of Solace "

Rated PG-13-106 min

### THURSDAYS

1:30 pm & **5:00pm**

Classic Westerns

July 2<sup>nd</sup>

"The Outlaw Josey  
Wales"(1976)

Rated PG- 135 min.

July 9th

"Shenandoah"(1965)  
Rated: PG- 105 min

July 16th

"3:10 to Yuma"(2007)  
Rated "R" 122 min

July 23rd

"Pale Rider"(1985)  
Rated "R"-115 min.

July 30th

"True Grit"(1969)  
Rated "R" 128 min

### NEW RELEASE FRIDAY

1:30 pm & **5:00 pm**

July 3rd

Zone Closed for  
Independence Day

July 10th

"Survivor"

Rated "R" 129 min.

July 17th

"23 Blast"

Rated PG-13 - 108 min.

July 24th

"Black or White"

Rated PG-13 - 121 min

July 31st

"The Forger"

Rated "R"--92 min

Due to lack of participation:  
and the 9:30am  
Oil Painting Class, Mon. Jam Sessions, and  
Wed. Evening Ping-Pong  
been discontinued.